

MPFL + OSTEOCHONDRAL FIXATION OF THE PATELLA

Post-Operative Physical Therapy Protocol



SCAN FOR THE
ONLINE VERSION



Stanford
MEDICINE

Dear Colleague,

I appreciate your partnership in the rehabilitation of this very special patient of ours. I have instructed the patient that you will be using this protocol. My belief is that the biggest predictor of success is what the patient does at home and consistently. **They should view you not just as a therapist but as a highly educated and skilled teacher** and the patient *must* be an active participant in the rehab process.

To facilitate this, I have included a copy of the rehab protocols I would like the patient to focus on at each time point in the rehab process. Please assist me by encouraging and teaching our mutual patient their home exercises as well.

With your help and the active participation of our patient, I know we can have another fantastic knee.

Please do not hesitate to reach out directly to me and my team with any questions at any time.

Respectfully,



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	WEEKS 0-2	WEEKS 2-6	WEEKS 7-8	WEEKS 9-16	MONTHS 4-6+
Weight bearing	Foot-flat <i>Crutches, brace locked</i>	WBAT <i>Brace locked; no WB in flexion</i>	Full by 8 weeks <i>D/C crutches</i>	Full	Full
Range of motion	PROM 0-90° <i>Sitting</i>	PROM, AAROM, AROM <i>0-90°</i>	AROM unrestricted <i>Full by 8 weeks</i>	Full	Full
Brace	0-90° at all times <i>Locked for walking</i>	Locked for walking <i>Off at night</i>	D/C	None	None
Strengthening	Quad sets <i>Heel slides</i>	SLR in locked brace <i>Core, hip, glutes</i>	Closed chain quads <i>Balance</i>	Progress <i>Closed chain, flexibility</i>	Single-leg balance <i>Transition to HEP</i>
Impact and sport	None	None	Stationary bike	None	AlterG or pool <i>Then jogging; sport ~6 mo</i>

As tolerated means pain during exercise no more than 2/10 above baseline. Avoid pushing into pain.

WEEKS 0-2

- **Foot-flat weight bearing with crutches with the brace locked in extension.**
- **Brace set from 0 to 90° and worn at all times** except for personal hygiene.
- Passive ROM allowed 0 to 90° (e.g., sitting).
- Heel slides, quad sets, ankle pumps.

WEEKS 2-6

- **May progress to WBAT with the brace in full extension**, but no weight bearing in knee flexion.
- May progress from PROM to AAROM to AROM from 0 to 90°.
- Straight leg raise in the brace with the brace locked in full extension.
- Focus on regaining full extension; the brace may be removed at night.
- Begin floor-based core, hip, and gluteal work; advance quad sets.

WEEKS 7–8

- Discontinue the brace and crutches as tolerated.
- Advance to full weight bearing** with a goal of full weight bearing by 8 weeks.
- Advance to unrestricted AROM** with a goal of full ROM by 8 weeks.
- Stationary bike and straight leg raises; advance core, gluteal, and hip work.
- Begin closed chain quads; progress balance.

WEEKS 9–16

- Progress flexibility and strengthening; continue the functional balance, core, and gluteal program.
- Progress the closed chain quad program.

MONTHS 4–6+

- Impact activity progression allowed** (AlterG or pool running, then normal jogging).
- Maximize single-leg dynamic and static balance.
- Gluteal, pelvic stability, core, and closed chain quadriceps program, with transition to a home exercise program.
- Sport-specific training once cleared by Dr. Tummala**; return to sport around 6 months.

CRITERIA TO RETURN TO SPORT

- Full ROM compared with the uninvolved side.
- No effusion.
- Normal gait and pain-free activities of daily living.
- Quadriceps strength at least 90% of the uninvolved side.
- Single-leg hop tests at least 90% of the uninvolved side.
- Around 6 months after surgery.

WEEK-BY-WEEK PROGRESSION

EXERCISE	1	2	3	4 (1 mo)	5	6	7	8 (2 mo)	9	10	12 (3 mo)	16	20	24 (6 mo)
Initial Exercises														
Foot-flat WB, crutches, brace locked for walking														
WBAT in locked brace, no WB in flexion														
Brace 0-90° at all times (off at night after wk 2)														
PROM 0-90°														
PROM, AAROM, AROM 0-90°														
Heel slides, quad sets, ankle pumps														
SLR in locked brace; core, hip, glutes														
Advanced Exercises														
D/C brace, crutches; full WB and ROM by wk 8														
Closed chain quads, balance														
Progress flexibility and strengthening														
Single-leg balance; transition to HEP														
Cardiovascular Exercises														
Stationary bike														
Agility Exercises														
AlterG or pool running, then jogging														
High-Level Activities														
Sport training once cleared; sport ~6 months														

This protocol is a general guideline and does not replace the clinical judgment of the treating therapist and surgeon. Please contact our office with any questions.